

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 3 | September-December 2026

For more content and events, please visit us online at www.stelizabeth.com/primewise.



For more content and full articles, visit stelizabeth.com/primewise and click on PrimeWise Update.

CHANGES TO PRIMEWISE

Your Feedback Matters – Help Shape PrimeWise in 2026

Please take a few minutes to complete our survey using the link below or by scanning the QR code.



<https://www.surveymonkey.com/r/LLQ25BV>

PRIMEWISE CONTINUES ITS COLLABORATION

with SHIP, Chapter, and RetireMed to provide Medicare counseling support.

- **SHIP:** Kentucky residents should call 1 (866) 516-3051. Indiana residents should call 1 (800) 452-4800.
- **RetireMed:** 1 (877)-291-4110
- **Chapter:** (941) 208-2917

DEARBORN COUNTY HEALTH FAIR

Join St. Elizabeth Healthcare for a free community fair for Indiana families!

Registration is not required to attend this event. Pre-registration is required for screenings.

You may also call Greendale Primary Care (812) 496-2808 with any questions.

 Saturday, September 12, 2026
10 a.m. - 12 p.m.

 Dearborn Cancer Center
17525 Greendale Plaza Dr
Greendale, IN 47025

St. Elizabeth Healthcare and community partners will provide no-cost health screenings and resources, including:

- Blood pressure/BMI screening
- Foot screening
- Healthy eating demonstrations
- Balance screening
- Mammograms done on-site
- Hands-free CPR demonstrations
- Information on accessing health care, mental health services and community resources
- Activities for kids and families
- Insurance navigation consults
- Free food distributed by Dearborn Clearing House while supplies last
- Local Police and Fire Departments
- Raffles, music, Heaven in Your Mouth and Tiki Treatz food trucks, and more!

Mammograms available on-site. We offer digital breast screening in a private setting for women aged 40+. The screening takes about 10 minutes and is covered by insurance. Financial Assistance is available for those who qualify. **Pre-registration is required. To pre-register, call (877) 424-5750.**

Hoxworth Blood Mobile will accept blood donations onsite. All donors will receive a free Hoxworth flannel shirt, while supplies last! **Pre-registration is required by calling Hoxworth Blood Center at (513) 451-0910.**

PHYSICAL THERAPY HELPS SKILLED NURSING FACILITY RESIDENTS RECOVER

When Don Sosnoski first arrived in September for physical therapy at St. Elizabeth Healthcare, he was recovering from multiple rounds of pneumonia. He had severe swelling in his lower legs and trouble breathing. He needed two people to help him stand, move between chairs, and get out of bed. Therapy exhausted him.

“I couldn’t walk anymore,” he says. “I’d have to recover from something as simple as trying to stand up from my chair.”

For Sosnoski, 69, regaining his strength and ability to move around was his top priority. He wanted to get back to his retirement job at Costco and sit around the campfire, enjoying a beverage with his friends. According to his physical therapy assistant, Sosnoski was determined to improve.

“Don was highly motivated, and he understood the importance of physical therapy,” says Jennifer Gale, a St. Elizabeth physical therapy assistant with more than 20 years of experience. “He wanted to get home and knew he needed to invest time and effort and build his endurance to get there.”

Sosnoski worked hard for three weeks. With Gale’s guidance, he went from needing constant help to walking almost 100 feet by himself. His progress highlights the impact physical therapists and physical therapy assistants have on skilled nursing facilities (SNFs) at St. Elizabeth Healthcare.

Helping Patients Return to Safe Living at Home

St. Elizabeth Healthcare has 115 physical therapists and physical therapy assistants. They provide care in five inpatient and 14 outpatient locations in Northern Kentucky and Southeastern Indiana. These healthcare professionals complete 20,000 inpatient evaluations and 13,000 outpatient evaluations every year.

They also collaborate with occupational therapists to deliver care to SNF residents. They work with each resident for 40-60 minutes daily. The length of each session depends on the resident’s endurance and abilities.

“Our long-term goal is to help patients return to a safe, independent life as much as possible,” Gale says.

She says each rehabilitation session includes balance and endurance training exercises, like the calisthenics Sosnoski did every day. The team helps residents regain the mobility they need for daily activities. Therapists also offer strength training with weights and resistance bands for patients recovering from orthopedic surgery. Therapists tailor these activities based on each resident’s goals and what they need to return home and be fully functional.

Meeting Emotional and Psychological Needs in a Motivated Patient Group

A resident’s physical needs are only one part of rehabilitation, Gale says. Some people also



struggle emotionally and mentally because they’ve lost strength and mobility. Other residents may fear another injury, or they may be anxious or depressed.

Physical therapists and physical therapy assistants at St. Elizabeth Healthcare can address those concerns.

“It’s part of our role to acknowledge the frustration many residents feel about losing their independence — even if it’s only temporary,” she says. “The biggest challenge we face as therapists is a resident’s fear. We get to know them and help them feel safe. Then we can help them overcome those emotions and put them on a path to recovery.”

Sosnoski says Gale’s warm nature helped him overcome his concerns and contributed to his progress and recovery.

“Jennifer made physical therapy a very positive experience. She let me know that I didn’t need to rush. It was OK to take my time and work at my own pace. She was going to be there for me the entire time,” he says. “She was knowledgeable. But it was more than that. She was positive and understanding.”

Working with residents in a SNF gives providers a unique opportunity to deliver consistent, in-depth care.

“Helping residents in a skilled nursing facility can be more rewarding than providing outpatient therapy. Residents often have fewer physical capabilities and frequently need more family or social support,” Gale says. “But they’re here with us longer and get therapy every day. So, we often see residents progress from needing help from many people to being able to stand and move around safely on their own.”

Preparing Residents and Families for Life at Home

Gale says it’s important to explain what residents and families can expect once residents leave the SNF. Residents will need some help when they first get home.

“All involved must have realistic expectations. The resident has experienced a medical setback. And even with therapy, it takes a while for their capabilities to return,” she says.

“Family members must acknowledge that recovery takes time.” Training is offered to help families and caregivers prepare for residents’ specific needs.

Ultimately, Gale says, physical therapists help SNF residents like Sosnoski recover their abilities, rebuild their strength and reclaim as much independence as possible.

“With every new resident, we try to remind them to be patient with themselves. We want them to trust us as their therapist,” she says. “We’re dedicated to helping them get back to their daily lives as safely as possible.”

St. Elizabeth Healthcare. (2024, October 18). Physical therapy helps skilled nursing facility residents recover. <https://www.stelizabeth.com/healthy-headlines/physical-therapy-helps-skilled-nursing-facility-residents-recover/> [stelizabeth.com]

PROGRAMS & EVENTS

REGISTRATION IS REQUIRED – NO WALK-INS

Please RSVP at (859) 301-5999 or online at www.stelizabeth.com/primewise.

PrimeWise low-impact exercise at the library!

These sessions are to enhance balance, boost your range of motion, and elevate your well-being. It is also recommended to bring a yoga mat or towel. Let's get moving!

-  September 14, 28 and October 12, 26 and November 9, 23, December 14, 28 2 – 3 p.m.
- AND
-  June 6, July 11, and August 8 10:30 a.m. – 11:15 a.m.
- AND
-  Kenton County Library, 401 Kenton Lands Rd, Erlanger, KY 41018

Register Online- stelizabeth.com/primewise

PrimeWise Low-Impact Exercise Classes

Join one of the PrimeWise Low-Impact Exercise sessions to enhance balance, boost your range of motion, and elevate your well-being. Each session comprises six classes. Ensure your safety by wearing comfortable clothing and gym shoes to every class. Let's get moving!

-  Mondays & Thursdays, 4:30 – 5:30 p.m. Sessions begin September 14, October 5, and October 26
-  St. Elizabeth Edgewood Cancer Center; Mind/Body Studio 1 Medical Village Drive Edgewood, KY 41017

Register Online- stelizabeth.com/primewise

RESERVE YOUR SPACE ONLINE!

As you look through the program listings in this newsletter, you will see **“Reserve your space ONLINE”**. Only PrimeWise members can register for PrimeWise programs and events. Not a member? Easy to become one – online!

Simply:

1. Visit stelizabeth.com/primewise
2. Click on Upcoming Events
3. Select the event you wish to attend and follow the prompts on Eventbrite to register!

Estate Planning & Elder Law Education

-  September 11 AND October 16 11:00 a.m. to Noon
-  3861 Olympic Blvd. Erlanger, KY 41018

Register Online- stelizabeth.com/primewise

Medicare 101 Presented by SHIP

The State Health Insurance Assistance Program presents Medicare education to help you choose the right plan.

-  August 21 Noon – 2 p.m.
-  St. Elizabeth Training and Education Center-3861 Olympic Boulevard, Erlanger, KY 41018
- OR
-  September 23 5 – 7 p.m.
-  St. Elizabeth Training and Education Center-3861 Olympic Boulevard, Erlanger, KY 41018

Register Online- stelizabeth.com/primewise

Bingocize

Join a universal health workshop that includes a low-impact exercise class and provides information on maintaining a healthy lifestyle.

-  Starting July 13. It will be every Monday and Friday for 6 weeks. 11 a.m.
-  Williamstown Senior Center 400 N Main St Williamstown, KY 41097

Register Online- stelizabeth.com/primewise

Kentucky Senior Games

Athletic competition in 25 sports.

For more information and to register, go to www.kentuckyseniorgames.com

Cocktails and Candy Canes

-  December 8 5 p.m. – 8 p.m.
-  Receptions 1379 Donaldson Hwy Erlanger, KY 41018

Registration is required, and admission is \$20. Please call (859) 261-0746 for more information and tickets

St. Vincent de Paul NKY's 19th Annual Turkeyfoot Trot 5K Run/Walk

Save the date! Join St. Vincent de Paul NKY at the 19th Annual Turkeyfoot Trot 5K Run/Walk at Thomas More University in Crestview Hills on Saturday, November 21st at 9:00 am. Proceeds benefit SVdP NKY's emergency outreach programs, including rent & utility assistance, homelessness prevention, food, beds, seasonal programs and more. Free kids' fun run (10 and under), door prizes, and food at the after party!

-  Saturday, November 21 9 a.m. to Noon
-  Thomas More University 333 Thomas More Parkway Crestview Hills, KY 41017

Register online at www.svdpnky.org/turkeyfoot-trot-registration.

For more information, call Chasity Sidle at (859) 426-2643 or chasity.sidle@svdpnky.org

City of Erlanger 2026 Events

Mark your calendars! The City of Erlanger's 2026 event calendar is live, featuring year-round opportunities to connect, get involved, and make lasting memories. Residents can join the fun through senior-friendly events, volunteer opportunities, and community programs.

Explore the calendar and plan your year: <https://erlangerky.gov/upcoming-events/>

Bingo!

-  Every Monday and Friday Noon
-  Ludlow Community Center 808 Elm Street, Ludlow, KY 41016

Want to get more involved in your community?

PrimeWise partners with several local Senior Centers that offer a wide variety of fun and educational events. Connect with your local center to get their monthly event schedule:

- Walton Senior Center
- Williamstown Senior Center
- Ludlow Senior Center
- Independence Senior Center
- Elsmere Senior Center
- Campbell County Senior Center
- Dearborn Adult Center

Reach out today and discover new ways to stay active, learn, and connect!

Walton Senior Center

Strives to serve a hot FREE meal once per week, on the 4th Monday of every month. They have partnered with Be Concerned to offer a “no income restriction” food pantry for every Senior 60+ and over. They also offer

BINGO

-  Every Thursday 12:30 – 3 p.m.

EUCHRE

-  Every Wednesday/Friday 12:30 – 3 p.m.

FITNESS/CARDIO DRUMMING

-  Every Wednesday 11 a.m.

Campbell County Senior Center PINOCHLE

-  Every Wednesday and Thursday begins at Noon
-  3504 Alexandria Pike, Highland Heights, KY 41076

Register/sign-in in person by 11:45 a.m..

The cost is \$3.00 to play. The 1st, 2nd, and 3rd place winners receive the money.

Call (859) 572-4300 for more information

Boone County Senior Center

Join us for some dancing fun and let's celebrate the season together! Wear your holiday attire and get ready for a great time with Holly Ruschman. No registration is needed. This event is free and open to the community.

Halloween/ Orange and Black Line dance Party

-  October 28 1:15 p.m.

Christmas Line Dance Party

-  December 16 1:15 p.m.

-  Boone County Senior Center R.C. Durr YMCA, 5874 Veterans Way, Burlington, KY 410

Contact Rene'e McNabb for more information. Rmcnabb@myy.org or call (859)334-6518

Caring for someone with Dementia?

Join us at Memory Matters Meetup: Hosted by Senior Helpers

A free monthly education & support group for family caregivers.

-  Every 3rd Tuesday of the month 6 p.m.
-  212 Main St Florence, KY 41043

RSVP: (859) 691-0270

Senior Helpers

At Senior Helpers of Northern Kentucky, we proudly provide customized in-home senior care throughout the area, supporting older adults with everything from daily living assistance to advanced, specialized care solutions. Our highly trained and caring professionals help seniors maintain a safe and comfortable lifestyle at home, preserving their routines and cherished memories. Whether your loved one needs basic help around the house or more complex support, our team is committed to promoting dignity, independence, and quality of life—right where it matters most: at home.

Call today to schedule a free assessment: (859) 283-5500

Calling ALL Veterans

The honor of your presence is requested on November 4, 2026

Join the St. Elizabeth Hospice Program for our 10th Annual Veteran Appreciation Luncheon. U.S. Veterans of all ages and one (1) guest are invited to attend this free community event. Veterans and their guest are invited to visit with veteran organizations providing benefits and services. Our program features military ceremonies, local speakers, a veteran photo slideshow, music, and a complimentary lunch. This event is sponsored by the St. Elizabeth Hospice Program to show our appreciation for the tremendous sacrifice of Veterans right here in our community.

-  Monday, November 4 10 a.m. to 1:30 p.m.
-  Receptions of Erlanger 1379 Donaldson Hwy, Erlanger, KY 41018

Registration is required. Please email your information to wehonorveterans@stelizabeth.com or call (859) 301-4604. Don't forget to submit a military (or other) photo via email for our slideshow!

Free Workshop: Planning For Peace of Mind

Advance Care planning is for everyone! Plan for future needs for yourself or a loved one. Community experts will explain living wills, funerary planning, and common financial pitfalls as we age. A panel will be available to answer questions about how they've been planned for our future and give your loved one peace of mind. Complete your living will on site with a free notary service for living will documents!

-  September 15 10 a.m. to Noon
-  Boone County main library 1786 Burlington Pike, Burlington, KY 41005

Friendly Visitor Volunteers Needed

Become a friendly visitor! Do you have a soft spot for our wise and wonderful seniors, and are you ready to sprinkle a little magic into someone's life?

Flexible Community Service Opportunity:

- Serve at a time that works for you
- Choose which home you visit

Spend time with local nursing home residents by:

- Playing cards or bingo
- Talking with one another
- Reading together

Call Amy Morris at (859) 980-1986 or email amy.morris@nkadd.org for more information

St. Vincent de Paul Northern Kentucky

St. Vincent de Paul Northern Kentucky is much more than a place to shop. We provide compassion and dignity to neighbors in need through 14 emergency assistance programs funded by purchases at our thrift stores. We help local families stay housed, keep the lights on, put food on the table, and offer seasonal support that keeps neighbors safe and healthy throughout the year. Assistance is available to everyone, regardless of religion or background. If you or someone you know needs help, call our Assistance Call Center weekdays from 10:00 a.m. to 2:00 p.m. at (859) 341-3219.

Our Assistance Call Center connects neighbors in need with Vincentians, specially trained volunteers who provide personalized, one-on-one support within their communities. Assistance is available to everyone, regardless of religion, background, or personal circumstances.



Advanced Directives, Health Care Powers of Attorney, Living Wills, and DNRs

This class will help individuals enhance their understanding of the impact of health care power of attorney and living wills in various life scenarios.

-  Wednesday August 26 10 a.m. to 11 a.m.
-  St. Charles Community 600 Farrell Drive Covington, KY 41011

Register: elderlawcincinnati.com/events

Fall into Fitness

A fun movement class filled with balanced exercises, brain-body challenges, and festive fun. Move, laugh & connect!

-  September 14 1 p.m. – 2 p.m.
-  Elevate Aging & Wellness 71 Cavalier Blvd, Suite 217 Florence, KY 41042

Register by calling (859) 372-1200

Pumpkin Spice & Paint Night

A cozy October Sip-N-Paint night featuring drinks, snacks, & your choice of 3 separate pumpkin crafts to create & take home to enjoy all season.

-  Tuesday, October 6 6 p.m. – 8 p.m.
-  Elevate Aging & Wellness 71 Cavalier Blvd, Suite 217 Florence, KY 41042

Register by calling (859) 372-1200

Harvest Your Health!

Soup, steps & strength. Join us for a fall wellness experience including exercises, gratitude, and delicious soups. Recipes to take home, too.

-  Thursday, November 12 1 p.m. – 2 p.m.
-  Elevate Aging & Wellness 71 Cavalier Blvd, Suite 217 Florence, KY 41042

Register by calling (859) 372-1200

Rudolph's Rummi Kub Game Night

Dress in festive attire and put on your thinking cap! Join us for holiday fun, friendly competition, and plenty of cheer.

-  Monday December 14 6 p.m. – 8 p.m.
-  Elevate Aging & Wellness 71 Cavalier Blvd, Suite 217 Florence, KY 41042

Register by calling (859) 372-1200

Haircut at Home? Yes!

Are you or your loved one living with medical or mobility challenges? Difficult to get to a salon? Home Health Hair brings the salon experience to you.

Call for an appointment a (859) 486-9409 and mention you're a Primewise member for a discount

SCREENINGS SECTION

Stroke and Cardiovascular Screenings

The St. Elizabeth Cardiovascular Mobile Health Unit brings health and wellness screenings directly to your neighborhood. For more information on the cost of screenings or to schedule an appointment **859-301-WELL (9355).** **CVMHU screenings Date(s) refer to website <https://www.stelizabeth.com/events/cardiovascular-mobile-health-unit>**

St Elizabeth Healthcare Tobacco Cessation -Freedom from Smoking

Freedom From Smoking® is a FREE 7-week tobacco cessation program offered to you by St. Elizabeth Healthcare. The program is designed to help you, the nicotine-dependent adult, take charge of your efforts to quit smoking or using other forms of tobacco. The program provides group interaction to help support your life without nicotine and individualized attention to figure out what will work best for you. To learn more about this program visit us at **www.stelizabeth.com/freedomfromsmoking** **Or Call (859) 301-5570**

Concierge In-Home Care

Homewatch CareGivers of Northern Kentucky provides compassionate, dependable in-home care that helps seniors live safely and comfortably in their homes. Providing Concierge-Level options for home care and Dementia one-on-one training support. **Call today for a consultation at (859) 372-1200**

CT Heart Screening Program

St. Elizabeth Business Health offers non-invasive computed tomography (CT) scans to screen for plaque in the heart arteries. Retail Screenings (Insurance not accepted):

- **CT ANGIOGRAPHY (CTA):** Creates detailed three-dimensional images of the heart, identifying plaque that could narrow or block the arteries. COST: \$400
- **CT CORONARY CALCIUM SCORE (CTS):** Measures calcium in the artery walls, providing a score that indicates heart disease risk.
- COST: \$115.

To schedule an appointment, call (859) 301-2992.

Are you a Veteran? Become a Smoke-Free VET

1-855-QUIT-VET (1-855-784-8838) is a free Quitline that provides ongoing, individualized support for Veterans enrolled in VA healthcare who are looking to quit tobacco.

Non-Medical Home Care- Assisting Hands Home Care

Assisting Hands Home Care brings compassionate, professional in-home support to seniors and those navigating chronic health challenges in Northern Kentucky. From companionship, personal care, memory care, and up to 24/7 assistance, we care for adults of many ages in a variety of situations. Everyone in our care receives an individualized care plan, and you and your loved one will be supported by a care manager who knows your needs personally. We strive to help clients live comfortably at home and provide families true peace of mind through dependable, heart-centered service. Interested in care? **Call today for a free, in-home consultation at (859) 444-5699.**

Real Talk Dementia Webinar

Real Talk is a monthly education series designed to support families caring for loved ones with dementia. Led by Kate Race, a former memory care director with over 25 years of dementia experience, these sessions offer honest conversations, helpful strategies, and emotional support to guide families through the challenges of caregiving. Whether you're just beginning your caregiving journey or navigating the later stages of dementia, Real Talk provides the knowledge and tools you need to feel more confident, connected, and prepared. **Join us on the third Thursday of every month at 6:30 p.m. Go to <https://assistinghandsnky.com/real-talk-program/> for more information.**

Celebrate World Diabetes Day!

A no-cost community outreach event offering diabetes-related vendors, community partners, health screenings, & light refreshments.

 **Friday, November 13**
11 a.m. to 1 p.m.

 **St. Elizabeth Physicians Regional Diabetes Center**
1500 James Simpson Jr. Way
Covington, KY 41011, 3rd Floor

Space is limited, RSVP by calling (859) 655-8819

Prediabetes Healthy Lifestyle Program

The St. Elizabeth Physicians Regional Diabetes Center offers a 3-month Prediabetes Healthy Lifestyle Program full of useful tools, engaging workshops, and before & after measurements to track your successes! Discover ways to prevent or delay diabetes, achieve sustainable weight loss, improve heart health, and enjoy tasty foods. Fit movement into your busy day, boost motivation, manage stress, practice mindfulness, and make flexible food choices that suit your lifestyle—no one-size-fits-all approach is needed. COST: \$85 cash, check, or credit card to enroll. *If you enroll with a partner, each entry is discounted to \$65!* ***To RSVP, please call the St. Elizabeth Physicians Regional Diabetes Center at (859) 655-8910.**

Elder Care Symposium: Protecting & Powering the Brain

Spend a day with us learning what it truly means to protect—and power—the brain. The Law Practice of Dennison Keller, LLC will host its 5th Annual Elder Care Symposium. The 2026 Elder Care Symposium brings together leading experts for an engaging, all-day experience focused on one of today's most important topics: Protecting & Powering the Brain. Designed for both professionals and community members, this event breaks down the science of aging and how to protect cognition as we get older. Throughout the day, you'll explore how to strengthen memory, support cognitive function as we age, and better understand the changes associated with dementia and Parkinson's. Sessions will also address the impact of chronic stress on the brain, how to effectively advocate for individuals with diminished capacity, and the key lifestyle factors proven to reduce the risk of cognitive decline. You'll even discover what sets “SuperAgers” apart—and how their habits can inspire healthier aging for all of us.

 **September 10**
8:15 a.m. to 4:30 p.m.

 **Oasis Conference Center in Loveland**
902 Loveland-Miamiville Rd
Loveland, OH 45140

Register at: <https://ElderCareSymposium2026.eventbrite.com>
Tickets include a continental breakfast and a hot buffet lunch.

BLC is a faith-based, non-profit senior care and senior living provider in Northern Kentucky.

We offer two locations, The Seasons Alexandria and The Village Erlanger. We have been providing quality and caring services to senior adults ages 55+ since 1952. We specialize in caring for our residents and families to make sure they receive services based on their individual needs and wants. We understand and truly believe that People Matter. Life is Precious, and we strive to make someone's life better each day. This is the vision of BLC. Our history speaks for itself. We have cared for generations of senior adults, and many of our staff have remained with us through the years.

Friendly Visitor Volunteer

Do you have a soft spot for our wise and wonderful seniors? Are you ready to sprinkle a little magic into someone's life? Flexible Community Service Opportunity: Serve at a time that works for you -Choose which nursing home you visit. Spend time with local nursing home residents by playing cards or bingo, talking with one another, reading together, or sharing a meal. Become a friendly visitor! **For more information, go to www.nkadd.org**

Emerald Trace Expands Senior Care Services with the Return of Memory Care

For decades, our nonprofit organization has been honored to serve older adults and their families throughout Northern Kentucky. This summer marks an exciting new chapter as Emerald Trace prepares to open a dedicated Memory Care Household. Designed for up to 20 residents living with Alzheimer's disease and other forms of memory impairment, the Memory Care Household will provide a secure, home-like environment focused on medication administration, daily oversight, meaningful engagement, and personalized support. Our goal is to help residents maintain dignity, purpose, and quality of life while providing peace of mind for families. Memory Care further strengthens the continuum of services available through Emerald Trace. Families often tell us they appreciate having multiple levels of care available within one trusted organization. In addition to Memory Care, Emerald Trace offers award-winning short-term rehabilitation, outpatient therapy, and long-term nursing care.

Emerald Trace is part of the same nonprofit organization as Rosedale Green, our sister community in South Covington. Rosedale Green has earned a longstanding reputation as one of Northern Kentucky's most respected providers of long-term care, serving generations of local families through its innovative household model and person-centered approach. As a nonprofit organization governed by a volunteer board of directors, our focus remains where it has always been—serving our community and supporting older adults and their families through every stage of aging. Whether you are planning ahead, helping a loved one navigate care options, or simply looking for reliable information about senior living and healthcare resources, we are here to help.

For questions, tours, or assistance exploring senior care options, please contact:
Julie Price, Community Relations Director
Emerald Trace & Rosedale Green, (859) 279-9099

Cold Spring Library Memory Café

EARLY STAGE SOCIAL ENGAGEMENT PROGRAMS offer fun and comfortable ways for people living In the early stage of Alzheimer's or other dementia, their care partner to get out, get active, and get connected with one another through a variety of social events and community-based activities determined by individual needs and interests of the participants, and that promote social interaction and companionship.

 **Wedne sday**
2 p.m. – 3 p.m.

 **3920 Alexandria Pike**
Cold Spring, KY 41076

Register: <https://www.communityresourcefinder.org/ResourceView/Index?id=3816621&profileDefinitionId=93>



RECIPE CORNER: MINT CHOCOLATE NO-BAKE ENERGY BALLS RECIPE

- Ingredients:**
- 3/4 cup raw almonds or cashews
 - 8 pitted dates, cut in half
 - 1/4 cup cocoa powder
 - 2 tablespoons hemp seeds
 - 1/4 cup coconut flakes, optional
 - 1 teaspoon vanilla extract
 - 1/4 teaspoon peppermint extract
 - 1 tablespoon coconut oil
 - 1/4 cup mini dark chocolate chips
 - 1/2 cup peppermint, crushed

- Directions:**
- Process almonds and dates in a food processor.
- Add the cocoa powder, hemp seeds, coconut flakes, vanilla extract, peppermint extract, and coconut oil. Blend for several minutes until starting to combine. Add water as needed to blend. Add the chocolate chips and pulse quickly, just to combine. Scoop the dough with a spoon and roll into balls. Then press or roll into the crushed peppermint. Chill in the fridge for 30 minutes.
- View the recipe video on YouTube here: <https://youtu.be/vW8rU3RYht4>

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LINKING ADULTS 50+ TO HEALTH AND WELLNESS

PrimeWise Office:
(859) 301-5999
primewise@stelizabeth.com

For more content and full articles,
visit www.stelizabeth.com/primewise
and click on PrimeWise Update.

KY FRAUD TEXT ALERTS

Kentuckians can empower themselves with information to protect themselves from fraud and scams by subscribing to the Kentucky Senior Medicare Patrol's KY Fraud Text Alerts. Subscribers to this free service receive one short message every Friday at noon informing them about fraud schemes or scams being reported by consumers in every region of Kentucky. Sign up now to stay educated on the latest schemes so you can say NO to scammers! Text "KYSMP" to 844-796-5678 to opt in.



ENCOMPASS HEALTH REHABILITATION HOSPITAL NAMES ZACH WIRT AS NEW CHIEF EXECUTIVE OFFICER

Encompass Health Rehabilitation Hospital of Northern Kentucky has announced Zach Wirt has been named the company's new chief executive officer of the 71-bed inpatient rehabilitation facility, located at 201 Medical Village Drive in Edgewood. "Encompass Health has been an inpatient rehabilitation leader in our community for several decades," Wirt said. "I am excited to join a strong team that cares about its patients and the community. I am confident we will continue to provide excellent patient care to those seeking inpatient rehabilitation in Northern Kentucky." Wirt brings more than 10 years of

inpatient rehabilitation experience to the CEO role. An occupational therapist by training, Wirt has served in leadership roles across pediatric and adult settings. He has a proven record in strategic planning, team building, accreditation management, and organizational alignment. "Zach's training and experience as an occupational therapist make him uniquely qualified to lead Encompass Health Northern Kentucky," said Abe Sims, president of Encompass Health's MidAtlantic region. "As he moves into this role, his experience as a program director and therapy manager in the inpatient rehabilitation setting will be crucial to his success. He understands each aspect of our multidisciplinary teams and understands how each group works together to provide consistent care." Wirt earned a bachelor's degree in occupational therapy from the University of Illinois Urbana-Champaign and a master's degree in occupational therapy from Rush University. He also earned master's degrees in business and healthcare administration from the University of Houston-Clear Lake.

NEW CAREGIVER FLYER 2027

This document provides information about the Kentucky Family Caregiver Program, specifically for grandparent caregivers in Northern Kentucky. The program is managed by the Northern Kentucky Area Development District (NKADD) and offers support to grandparents who are the primary caregivers of their grandchildren.

Who is Eligible: Grandparents of any age who are the primary caregivers for a child (the child's parent cannot live in the home), meet financial guidelines (household income within 150% of Federal Poverty guidelines), and reside in Campbell, Carroll, Gallatin, Grant, Kenton, Owen, or Pendleton Counties.

Services Provided: Financial assistance up to \$500 per child for items such as clothing, educational supplies, and bedroom furniture. Access to counseling, support groups, and caregiver training. Information about additional available services.

Contact Information: For more details or to apply, call (859) 692-2480.

GIFT OF HEALTH EVENT

Focusing on Women's Bone Health and Osteoporosis Prevention and Treatment

Join the St. Elizabeth Foundation for our Gift of Health Event focusing on women's bone health and osteoporosis prevention and treatment. Dr. Aloiya Kremer, Sports Medicine, will be the guest speaker.



Thursday, September 24
4 p.m. – 6 p.m.



St. Elizabeth Training and Education Center
3861 Olympic Boulevard
Erlanger, KY 41018

To register go to
www.stelizabeth.com/goh-social.

DISCOUNT DIRECTORY

PrimeWise thanks all the participating businesses that provide discounts for members. This issue we spotlight:

HOME INSTEAD

224 Grandview Dr., Suite 100
FT. Mitchell, KY 41017
(859) 282-8682

10% OFF the first service.

Visit stelizabeth.com/primewise and click on "Discount Directory" to view and/or print. If you own a business in the Tri-State and would like to become a provider for the Discount Directory, contact PrimeWise at primewise@stelizabeth.com.

HOSPICE VOLUNTEER ORIENTATION

St. Elizabeth Hospice Program holds volunteer training sessions throughout the year. The classes explore issues on death and dying, as well as developing an understanding of the Hospice concept of care. There is no cost or obligation to become a volunteer if you take the classes.

For more information, call

Hospice Volunteer Coordinators at
(859) 301-4622

or email Debbie.Holloran@stelizabeth.com or
Dana.Laytart@stelizabeth.com

Mention that you saw this in the PrimeWise Update

CARING EXCELLENCE

Caring Excellence NKY offers affordable, personalized in-home care that gives back to families' time together. Imagine watching the game or sharing an unhurried cup of coffee with your mom or dad—simply enjoying the moment—while we take care of the background details like meals, laundry, groceries, personal hygiene, and daily routines with compassion. We assist seniors in staying safe, independent, and comfortable, in a facility or at home. Our help is personalized and can grow with the needs of you and your loved ones.

**Call for a free in-home assessment
(859) 212-3224 or visit
www.CaringExcellenceathome.com**